

## ABSTRACT OF THE DISCLOSURE

A high pressure mercury lamp includes a luminous bulb in which at least mercury is enclosed inside the bulb, and a pair of sealing portions that retain airtightness of the  
5 luminous bulb. The amount of the enclosed mercury is  $230 \text{ mg/cm}^3$  or more based on the volume of the luminous bulb, and heat-retaining means for retaining heat in the luminous bulb is provided. Thus, the present invention can suppress blackening of high pressure mercury lamps having a very high operating pressure.